

# 3-Fitness & Wellness



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## Welcome to 3-Fitness & Wellness

**Our Vision: To guide individuals to accomplish what they thought impossible, in fitness, health, and performance.**

### Why "Guide"?

Consider the Mountain Guide. **Mountain Guides** do not climb mounts for people. Nothing is accomplished, really, if you hire me as your mountain guide and pay me to go to the summit while you watch me with binoculars from the lodge.

and need in equipment and resources. Together we determine what route to take. We plan how long the climb will take, and how to handle elements we cannot control.

When we do summit, it is your flag that is planted, not mine, for this was your journey. It was you and the mountain. Your coach was like a good solid rope -- a support.

From Michael Arloski, *Wellness Coaching for Lasting Lifestyle Change*

### About 3-Fitness

3-Fitness & Wellness provides triathlon training, personal training, and wellness coaching. Our services are available for individuals and groups, in-person and online.

#### Our Mission:

- We will educate, motivate, and support our clients with a positive attitude and in collaborative atmosphere
- We will serve as guide to help clients accomplish fitness goals they, and others, never thought they'd be able to
- We will assist clients in improving their current level of health and fitness through individualized programs; we do not believe in the cookie cutter approach
- We will help those who consider themselves "non-athletes" to successfully compete in triathlons and other endurance races, and help triathletes improve their skills, techniques, and race performance through evidenced-based methods

### 3-Fitness Triathlon Training

3-Fitness & Wellness is owned by **USA Triathlon Level I Certified Coach Ken Johnson**, who is also a NASM Certified Personal Trainer. 3-Fitness uses the latest in scientific training principles to get you to the finish line standing, in dignity, and with a smile on your face. **Read some testimonials from our athletes.**

Individual and Group triathlon training is available through the LakeView RecPlex, in Pleasant Prairie, Wisconsin. The RecPlex is the site of the **Trek Women's**

## TESTIMONIALS

After training with Ken for 4 years through the RecPlex, and having done several indoor and sprint triathlons, I decided this year to set a goal to complete an International distance triathlon. I asked Ken to create a training plan for me to accomplish my goal. Well I did it. I completed the Pleasant Prairie International Triathlon. I had little trouble completing the race and felt great following the race. Thanks Ken for the training plan that helped me achieve my goals. I may even do another one or two or ?

Heidi N.

[Read More](#)



## Client Logon

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**Triathlon**, the **Danskin Women's Triathlon**, the **Pleasant Prairie Junior Triathlon**, and the **Pleasant Prairie Triathlon and Duathlon**. Coach Ken Johnson offers **group training** for all of these races.



3-Fitness also offers individualized athlete coaching via online training plan & log. Please note that **ALL** of our training programs are individual tailored to the specific athlete. Unlike off-the-shelf, one-size-fits-all programs that proliferate the web, we'll look at your training base, race goals, and lifestyle to come up with your own specialized training plan for the season. We offer one-time training plans, or monthly coaching. Take a look at our **Triathlon Coaching Services** for more information.

## Personal Training

3-Fitness & Wellness also offers Personal Training, based on the National Academy of Sports Medicine's Optimal Performance Training system. More than just lifting weights, the OPT system will give you core strength, balance, and power for whatever activity you do -- from an Ironman to working around the house.

We also offer specialized Cardiorespiratory Training Plans for **Weight Management**, **Fitness Goals**, and **Performance Goals**. For more information, please see our **Personal Training** page.

3-Fitness & Wellness will begin offering in-home and in-office personal training in December 2009.

## Wellness Coaching

Wellness Coaches are credentialed health, fitness, and mental health professionals who coach clients on evidence-based areas of wellness -- physical activity, nutrition, weight, stress, and life satisfaction. Wellness programming and wellness coaching are about helping people improve their lifestyle behavior.

3-Fitness & Wellness offers individual wellness coaching sessions following the gold standard of Wellcoaches Corporation, a strategic partner of the American College of Sports Medicine. Online + telephone coaching will be available in March 2010. For more information, please see our **Wellness Coaching** home page.

**Are you ready to take your journey?** Contact your guide Coach Ken Johnson at: **coachken@3-fitness.com** or use our **Contact Form**.

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